



Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

What's in the News?

Seasonal Affective Disorder

January—March 2017

Does the change in season make you feel down? Does it sap your motivation? You might be experiencing Seasonal Affective Disorder (SAD).

Seasonal Affective Disorder is a type of depression that typically comes around during fall and gets better in the spring, though it can also strike in the summertime. Its symptoms include:

Having low energy

Losing interest in activities you once enjoyed

Experiencing changes in appetite or weight

Having a hard time concentrating

Oversleeping

Spending less time with others



Treatment for SAD often involves medication, light therapy, talk therapy, or a combination of these methods. Regular antidepressants, such as Selective Serotonin Reuptake Inhibitors are the medication most commonly used to treat SAD. Light therapy consists of getting sunlight when possible, and sitting in front of special lamps that help improve SAD symptoms. A therapist may be able to help change patterns of thought and identify activities that can help improve mood in individuals suffering from SAD.

Check out this page from the National Institute of Mental Health for more information: https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml#part_152430

Women, Infants, and Children (WIC)

New to the WIC Shopping List

Participants are now able to select **100%**

whole-wheat pasta for their whole grain option (in addition to the other whole grain choices: brown rice, corn or 100% whole wheat tortillas or 100% whole wheat bread)

Children aged 2-4 have the option of exchanging one of their four gallons of milk each month for a **pound of cheese** and a **32 ounce container of yogurt**

Wisconsin MyWIC App

Now available from the Apple or Google Play Store and allows participants to:

- View most current benefit balance/shopping list
- Search WIC Foods either by scanning UPC code or by type: "cereal"
- Find WIC approved food stores
- View WIC Messages from the WIC office



Maternal Child Health News

How to keep your baby healthy this winter.

How can I keep my baby from getting sick this winter?

Great question! Since as sure as the mercury drops, cold and flu viruses make the rounds through homes and daycare facilities each year. If only there were a way to guarantee that your baby won't get sick.

There is no way to guarantee your baby won't get sick because viruses are airborne, so if your baby takes a breath within, say, 4 to 6 feet of someone who's sick, he can easily catch the bug himself. Most people stricken by viruses are contagious before symptoms develop.

So what should I do?

While it's practically inevitable that your baby will get a few colds this win-

ter no matter what you do, it won't hurt to try these germ-fighting strategies:

Wash your baby's hands as well as your own hands.

Regular hand washing is the most effective way to get rid of cold and flu germs. So wash your hands after you change your baby's diaper and wipe his runny nose, as well as before preparing food. Wash your baby's hands frequently, too - especially before eating (once he is eating solids) and when he comes home from the daycare or an outing.

Also be diligent about hand washing for siblings, especially if they

are sick as well. No need to pay for fancy antibacterial soaps any soap will remove germs from the skin's surface.

Get your baby vaccinated. You can help protect your child from some viruses and bacteria simply by making sure your child's vaccinations are up to date and that includes



Public Health—- What is that? Watch our video to see a little peek into our day! [CLICK!](#)



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Dental News

Eating for Good Oral Health!

Balanced eating is essential for overall healthy living, but how does it impact your oral health? Choosing foods that are good for your teeth can help you avoid tooth decay, painful cavities, and dental visits. Making sure that you eat foods that are rich in calcium and lean protein promotes the health of your teeth. Avoid foods that are high in sugar and/or acid to prevent decay from happening in the first place.

Foods that are **good** for your teeth:

Dairy products such as milk, cheese, and yogurt provide calcium to your teeth while exposing them to little sugar. Dairy is also a great source of protein.

Lean proteins such as poultry, lean beef, fish, and legumes help strengthen your teeth and help build enamel.

Fruits and vegetables to help clean your teeth and strengthen your teeth against decay.

Fluoridated water helps teeth resist decay and acid attacks from the foods we eat.



Foods to avoid:

Citrus Fruits are acidic and so they erode enamel, placing your teeth at risk for decay

Coffee is acidic and wears on the enamel of teeth. Adding sugar to your coffee to make it tastier also promotes tooth decay. Coffee and tea can also lead to tooth staining.

Sticky foods such as fruit snacks and dried fruits

Potato Chips and other starchy foods

Soda is acidic and packed with sugar, avoid to prevent your enamel from decaying.

Alcohol

Sports Drinks

Other foods that are packed with **sugar** (Cakes, desserts, hard candies, etc.)

As always, brush your teeth twice a day and floss daily. See your dentist regularly to prevent problems from happening. If you eat food that is high in sugar or acid, brush your teeth thoroughly. Consistency is key. Eating foods every day that are good for your teeth ensure that they stay healthy for years to come!

Tobacco News

Sabish 8th grade students learn the nasty recipe of cigarettes. FACT groups in Fond du Lac are at: Woodworth, Sabish, and Theisen Middle Schools. To learn more about FACT visit <http://factmovement.org/>



Guidelines for HPV Vaccine updated

In October, the CDC changed its recommendations for HPV (human papillomavirus (HPV) vaccine. Adolescents who receive 2 doses of this vaccine, at least 6 months apart, only need 2 doses of vaccine. Teens and young adults, who start receiving the vaccine at ages 15-26 years old, will continue to need 3 doses. The changes were based on extensive studies showing younger adolescents had as strong an immune response from 2 doses as older teens get from 3 doses. The vaccine is covered under most insurances preventative care benefits. This is the only vaccine that helps prevent cancer. Not sure if your adolescent or teen has had the vaccine? Call your provider's office, or the Health Dept., 920-929-3085, to learn more.

HPV vaccination is the best way to **PREVENT** many types of **CANCER**.

HPV vaccination is **REDUCING** HPV DISEASE.

HPV vaccination is **RECOMMENDED** at ages 11 or 12.

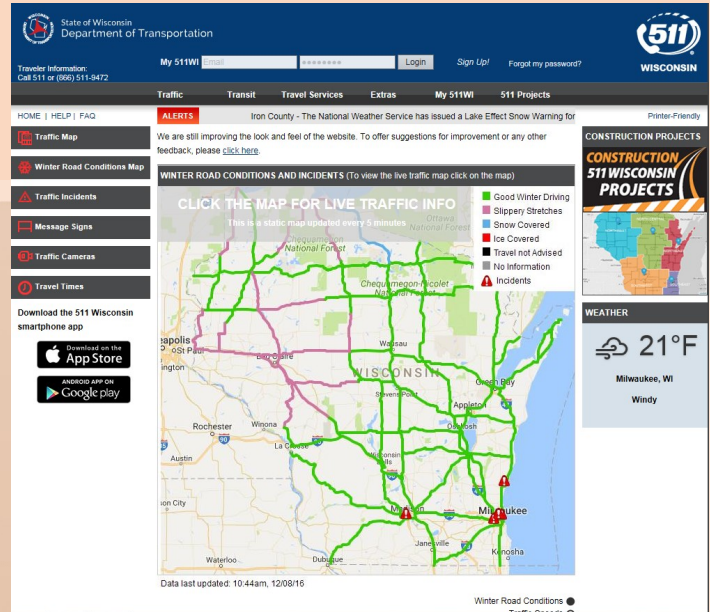
3 THINGS PARENTS SHOULD KNOW ABOUT PREVENTING CANCER

www.cdc.gov/vaccines/teens

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Emergency Preparedness

Before hitting the road this winter check the road conditions at www.511wi.gov



You could get stranded in your vehicle in cold weather. Update your emergency kit with the following items! Remember —stay in your vehicle and stay warm!

- A shovel
- Windshield scraper and small broom
- Flashlight
- Battery powered radio
- Extra batteries
- Water
- Snack food
- Matches
- Hand warmers
- First aid kit with pocket knife
- Necessary medications
- Blanket(s)
- Tow chain or rope
- Road salt and sand
- Booster cables
- Emergency flares



Environmental News

Have you Tested your well water lately?
Watch our [new video](#) on how to properly collect a water sample. We have sample bottles available at the Health Department!